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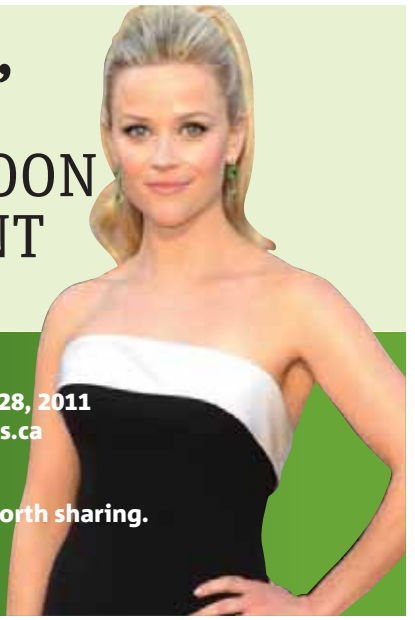
MARRIAGE, TAKE TWO
WITHERSPOON WEDS AGENT
{page 10}



CALGARY metro®
Monday, March 28, 2011
www.metronews.ca
News worth sharing.

Juno. Awards

▶ Shania Twain poses for photographers after being inducted into the Canadian Music Hall of Fame at the Juno Awards in Toronto last night. More Juno coverage, page 9.

CHRIS YOUNG/THE CANADIAN PRESS

Shania gets her due

Uphill battle as an Independent
Candidate finds it tough running in election without a party {page 3}

Online video sparks outrage
Video shows 10th grader getting bullied by another teen {page 11}

Huskies rescued by couple

Dieago and Foxy, both 5, had been slated for euthanization Bylaw services had deemed them 'unsuitable for adoption' following multiple incidents

Call it a case of puppy love.

Calgary couple Teresa and Kevin Sparham have come to the aid of two Siberian huskies at the end of their rope as far as city bylaw officials were concerned.

Dieago and Foxy had 33 offences registered against them in the past four years — the majority for running at large. They were picked up on the run again earlier this month and declared "unsuitable for adoption."

With euthanization on the table, canine enthusiasts began crying out for a suitable owner to come forward.

The Sparhams seemed a fitting choice. After all, they already have eight huskies in their care and had previously looked after Dieago and Foxy.

"It's extremely wonderful, we are very happy," Teresa said.

Kevin, who signed the official adoption papers Friday, said the key will be to keep the huskies active. Yesterday, he took them for a run.

"They were probably happier than I was," he said. "That's all they need is some good exercise."

CONTRIBUTED

▶ Foxy has begun showing her flirtatious side since being adopted by the Sparhams.

Chief bylaw officer Bill Bruce waived all adoption expenses and issued three-month licences for both huskies.

"We will always release a dog if we can find a safe and suitable option," Bruce said. "I'm thrilled with it."

JEREMY NOLAIS

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The Independent's struggle

The starting gun has sounded for federal candidates, however one Alberta Independent is arguing those with a party affiliation had a head start.

After running in the 2008 federal election for Edmonton-Sherwood Park, James Ford said he plans to run again but fundraising before the election was impossible.

"You're faced with a formidable task in trying to be an Independent," said Ford.

"The parties have the cash and the organization to overwhelm if you're not careful."

Calgary-West candidate in 2008 and now political pundit Kirk Schmidt said because Independent candidates don't have a political party or constituency office, they have no place to harbour donations between elections.

"Any political party with a constituency association, they would have been fundraising for the last two-and-a-half years," said Schmidt.

"That's kind of the problem with Independent fundraising, is it's not necessarily different versus any other political party candidate but there's no place to hold the money when you're outside of an electoral period."

Schmidt said when he ran he had to take out a loan a year-and-a-half in advance in order to purchase campaign signs.

In the 2008 election, six candidates ran as Independents in Alberta.

KATIE TURNER/WITH FILES FROM HEATHER MCINTYRE

CONTRIBUTED

▶ James Ford

Stelmach joins in on heated student election

- Branton school incorporates several subjects in political campaign
- Students get to question premier

JEREMY NOLAIS
@METRONEWS.CA

Premier Ed Stelmach helped provide a thrilling conclusion to a grueling election campaign at a Calgary school last week.

While the Canadian federal election has only just begun and the Alberta Tory leadership race is still months away, students at Branton school have been on the campaign trail for weeks in their quest to elect a prime minister.

In the end, it was Grade 9 student Wyatt Phillips, leader of the health-focused Need Party, who shook Stelmach's hand to signal the beginning of his political reign.

"I'm a very social person, I really like talking to people," said Phillips, moments after his victory. "Health care is really hard to sustain, it's really expensive and there are a lot of issues with it."

School elections

Political leaders were selected through a leadership race in each Grade 9 homeroom.

▶ **Parties** then worked to develop a campaign platform, advertisements, speeches and various other support-garnering events.

Stelmach, meanwhile, didn't escape the election announcement without fielding a few tough questions from leaders of Branton's various political parties — topics ranged from intervention in Libya to his stance on nuclear energy.

"You can see where the youth is, they're sometimes way ahead of us," the premier said. "We have got to start changing attitudes — and it's probably difficult with seniors — but we can start with the youth."

JEREMY NOLAIS/METRO

▶ Wyatt Phillips talks health care — namely an injury he suffered while playing sports — with Premier Ed Stelmach after being elected Branton school prime minister.

1 news

Greens ride anti-nuclear energy wave to historic victory in German elections.

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A court decision changes how immigration officials handle 'poison pen' letters. Guidy Mamann has more at metronews.ca/immigration

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CANDICE WARD/FOR METRO

▶ Kyle Nylund, winner of the Metro News Wearable Art Competition, models his winning creation at Fashion Has No Borders Saturday, at the Big Four Building.

THE NEWS IN FASHION

WINNER INSPIRED BY PAPER LANTERNS

This newspaper is more than just a paper — it is now fashion.

After submitting their designs, five finalists used their talents and a big stack of Metro newspapers to create some Wearable Art.

The winner, Kyle Nylund, 25, walked off the catwalk with a $1,000 gift card to Cross Iron Mills.

What inspired your design for your Wearable Art?
I found out about the contest around Chinese New Year and I was really inspired by the paper lanterns. I thought they were beautiful. I really liked the shape, and that was my inspiration for the skirt and the flowers.

How long did your dress take to create?
Twenty-five to 30 hours, but I lost count. A lot of conceptualizing went into it as well.

How many copies of Metro went into your creation?
My boyfriend had been collecting Metros from the bus for me everyday. He was collecting them like a little squirrel. Because I only used black and white, I used more than I would have otherwise, so probably about 30, maybe more.

How do you feel about your win?
I am thrilled. And I am really pleased I got to wear my piece at the end.

CANDICE WARD

Duceppe blasts Harper strategy

Tories insist a coalition is in the works, but opposition says they are not banding together ◐ Duceppe calls out Harper for hypocrisy

Election 2011

Stephen Harper appears determined to campaign against the notion of a coalition threat that his Liberal opponent has explicitly ruled out.

But the Conservative prime minister is getting a rough ride from Bloc Québécois Leader Gilles Duceppe, who says Harper is rewriting his own history on the issue.

"He wants this entire campaign to rest on a lie," Duceppe said yesterday morning during a fiery, televised rant in Montreal.

The prime minister opened the first full day of election campaigning in the Toronto suburb of Brampton, lauding a laundry list of Conservative budget goodies he said were rejected by his political opponents last week.

The Conservative minority fell on an unprecedented contempt-of- Parliament vote of non-confidence, setting the stage for a May 2 federal vote — the fourth in seven years.

His speech to Conservative partisans in a Liberal-held riding cited numerous budget measures he said were denied to voters by the opposition parties — a "coalition" in Harper's oft-repeated refrain.

Liberal Leader Michael Ignatieff, campaigning in Montreal, said "Harper has a problem with democracy."

A day earlier, Ignatieff had ruled out forming a coalition government and insisted that the party winning the most seats gets the chance to form government.

But the Conservatives nonetheless are using the prospect of a united opposition overthrow to make a pitch for a majority of seats in the House of Commons.

The prime minister had a tougher time when confronted by reporters with questions about his own clear record in the matter of minority government legitimacy.

"Mr. Ignatieff believes he can form the government if he doesn't win the election," Harper said. "I don't believe that."

But in 2004, Harper's stated position as leader of the official Opposition was exactly the opposite.

He invited the NDP and the separatist Bloc Québécois to sign a joint letter reminding the governor general that if Paul Martin's freshly minted minority Liberals were defeated on their throne speech, there were options other than another election.

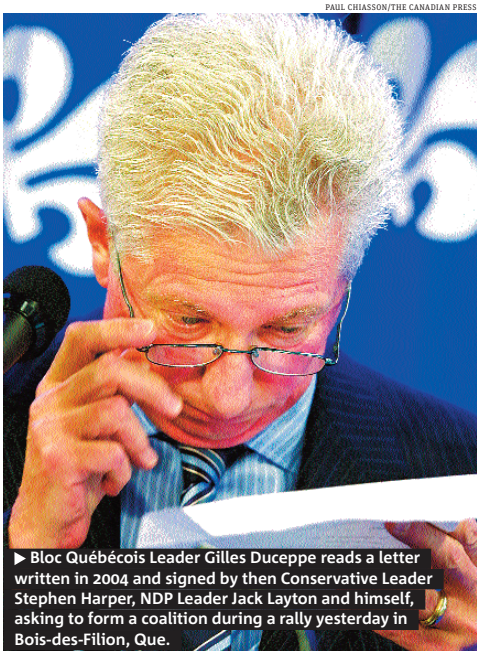
THE CANADIAN PRESS

Spring voting

Key dates for Canada's 41st federal election:

- **March 26:** Governor General dissolved Parliament.
- **April 11:** Deadline for nominations in 308 ridings.
- **April 22, 23, 25:** Advance voting days.
- **May 2:** Voting day, following a 36-day campaign.

PAUL CHIASSON/THE CANADIAN PRESS



▶ Bloc Québécois Leader Gilles Duceppe reads a letter written in 2004 and signed by then Conservative Leader Stephen Harper, NDP Leader Jack Layton and himself, asking to form a coalition during a rally yesterday in Bois-des-Filion, Que.

Another quake hits Japan

A magnitude-6.5 earthquake shook eastern Japan off the quake-ravaged coast Monday morning, local time, the U.S. Geological Survey reported, prompting Japan to issue a tsunami alert.

There were no immediate reports of damage, but the Japan Meteorological Agency announced a tsunami of up to half a metre may wash into Miyagi prefecture. The tsunami alert was localized to Japan. The U.S. Pacific Tsunami Warning Center said no wave was expected in Hawaii or on the U.S. West Coast.

The alert was prompted by a quake measured at 7:23 a.m. Japan time near the east coast of Honshu.

THE ASSOCIATED PRESS

Battle for suburbia: HST key issue in B.C.

NDP Leader Jack Layton is joining the election campaign's three-way fight for the suburban vote.

He's spending his second campaign day in Surrey, B.C., just outside Vancouver, where he hopes the NDP can gain a seat last won by Conservative Dona Cadman.

Layton is hoping to revive the anger many British Columbians felt about the provincial and federal governments working together to impose the Harmonized Sales Tax.

"New Democrats were first or second to the Conservatives in two-thirds of B.C. ridings," Layton told a town hall meeting. "And that was before every single Conservative MP voted Yes to the HST."

The party is also focused on the nearby riding of Newton-North Delta, held by the Liberals.

All three parties are doting on the suburbs, partly because suburban populations are growing and changing so quickly that political opinions are in flux and many seats are up for grabs.

The Conservatives have already been to the Toronto suburbs, and Liberal Leader Michael Ignatieff is heading in that direction, too.

In Surrey, Layton will stress the NDP is the most effective choice for voters who want to get rid of the Conservative government — especially in British Columbia.

THE CANADIAN PRESS

Canadian killed near Kandahar

Another Canadian soldier has been killed in Afghanistan.

Cpl. Yannick Scherrer was on a foot patrol yesterday near Nakhonay, southwest of Kandahar city, when he was killed by an improvised explosive device.

The 24-year-old Montreal native was on his first tour in the country.

The latest death, the first since Cpl. Steve Martin died from an IED on Dec. 18, brings to 155 the total number of Canadian military who have died as part of the Afghan mission since it began in 2002.

THE CANADIAN PRESS

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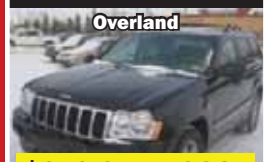

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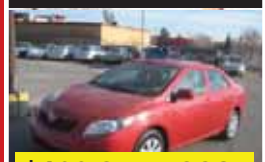

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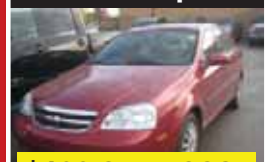

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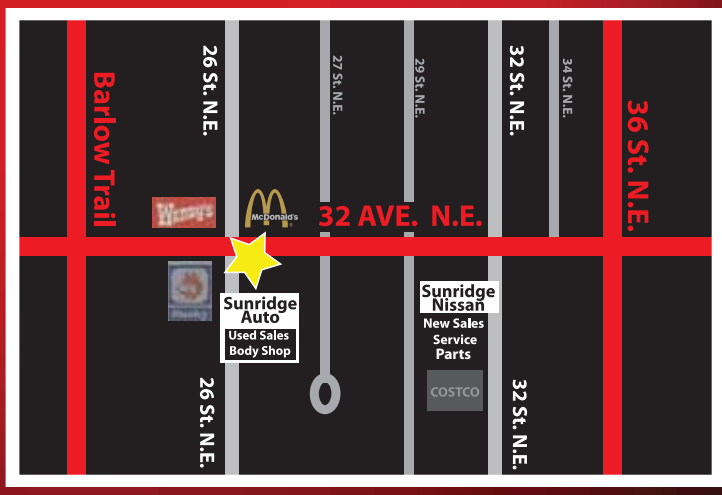

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In Defence Of ...

MIKE MORRISON

For the past few days, I've been in Toronto, covering the Juno Awards.

For a Calgarian, to say that you are spending any amount of time, energy and money in Toronto, you run the risk of dealing with insurmountable eye-rolls from anyone west of Manitoba. It could be tower envy (theirs doubles the size of even The Bow); I think it might be a little more familial.

Being from the Maritimes, I don't have a steadfast allegiance to either city. But for devout Calgarians, it doesn't get much worse than Toronto. We treat Ontario's capital like our big brother. Sure, we should listen to him, but what does he know?

We are younger, cooler and think that our mother (Ottawa) should like us better. Wanting to dislike Toronto is in a Calgarian's genes.

The sibling rivalry is funny because the two cities couldn't be more different.

While we make fun of the fact that they once called in the army to deal with a snowstorm, Calgary is regularly crippled by three centimetres of show. We have a beautiful blue river; they are surrounded by an unswimmable lake. Their subway goes underground and is rarely affected by traffic or pedestrians who don't look up from their phones; we luckily don't have miniature subway tokens that are way too easy to lose.

The best thing about having a big brother is that we can learn from his mistakes.

Toronto has been around twice as long as Calgary, and chances are it may know something that might be useful to us as our city goes through municipal "puberty."

Instead of building out, Toronto often revisits and then revitalizes older neighbourhoods. For the upcoming Dalhousie residential project, we should take tips from Toronto — it has been successfully doing it for years.

Same goes for our struggling Calgary International Film Festival, which will probably always be the bit player to TIFF. But that doesn't mean we can't be a great second or third stop for the buzziest of films.

That's not to say that Torontonians can't learn a few things from us: Even though it's smaller in size, tourists from around the world would choose the Calgary Stampede over The Ex every single time. (And it's not just because our mini-donuts are better.)

And it would be impossible to compare the two cities without mentioning our internationally praised mayor to the always bewildering Rob Ford. If given the chance, I think Toronto would gladly trade back Dion Phaneuf for the refreshing politics of Naheed Nenshi. It's a rare day when Toronto is jealous of Calgary. Relish it.

Our city is growing at a rapid pace. We have the opportunity to learn from our big brother's mistakes and make Calgary one of the finest cities in Canada. And, at the end of the day, since we still have to have dinner with him on Parliament Hill, we might as well be civil about it.

Cartoon

MICHAEL DE ADDER

No reason to get rattled

Worth mentioning

Here's some good news in the wake of Japan's disaster: A new study says big earthquakes don't set off other dangerous ones around the globe.

Big quakes do trigger local aftershocks, but researchers found no sign of setting off moderate-sized events beyond about 950 kilometres away.

That won't surprise most experts, said lead study author Tom Parsons. But it's different from his prior research, which did find a global effect for setting off small quakes, said Parsons, of the U.S. Geological Survey in Menlo Park, Calif.

Parsons and Aaron Velasco of the University of Texas at El Paso reported the work online yesterday in the journal Nature Geoscience.

They looked at worldwide earthquake records for the 30 years ending in 2009. There were 205 big earthquakes, with magnitude of 7 or more, and 25,222 moderate ones with magnitudes between 5 and 7.

While the study didn't look at whether big quakes trigger other big quakes far away, the new data suggest they do not, Parsons said. Anyway, since the world averages only about seven quakes at magnitude 7 or above per year, any such effect would have been noticed already, he said. THE ASSOCIATED PRESS

A world away

MRTV/THE ASSOCIATED PRESS

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Metro Minute at Gasoline Alley

Heritage Park is taking families on a journey back to the 1930s this week. Spring Rally In The Alley runs 9:30 a.m. to 4 p.m. until Sunday inside the Gasoline Alley Museum.

Families will get to check out Scruffy — a rundown Nash car that carried one family on a trek through the Okanagan looking for work — and will be given a map, bank book and identification to help navigate their way across the museum.

Numerous Depression-themed obstacles will stand in the way as you travel through seven cities.

The event is geared to educate youngsters about the Great Depression while also providing loads of fun.

For more information, visit heritagepark.ca/specialevents.htm. METRO

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▶ Families will hit the open road during the Great Depression–themed exhibit at Heritage Park this week.

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RIM readies for PlayBook debut

But low-key promotion strategy has even fans worried about problems with the tablet

The release of Research In Motion's PlayBook could be "the most significant development" for the company since the launch of its first BlackBerry in 1999, co-CEO Jim Balsillie says.

But will consumers glance up from their iPads for even a second to give it a chance?

Buzz for the PlayBook was palpable when the tablet was announced late last September. But online critics long ago grew weary of the months-long wait for the device. And few expect that even fanatical RIM fans will show their devotion like Apple's customers do — by lining up overnight — when the PlayBook launches on April 19.

Balsillie said Thursday that RIM will be sending demo units to key Fortune 500 customers and has already gotten "fantastic" feedback.

But investors were less confident after the company released its latest earnings report. RIM stock plummeted more than 10 per cent on Friday.

The fact that it's taken RIM so long to bring its tablet to market also hasn't inspired confidence, says David Soberman of the University of Toronto's Rotman School of Management.

"This creates some degree of uncertainty among customers as to, 'Well, you're having problems now, are we actually confident you're going to solve them?'" he says.

RIM's low-key promotion for the PlayBook might reflect an initial focus on its loyal corporate market, he says, with consumers being wooed in the second wave of sales.

"But we still don't really know what they're going to do in the next two or three weeks." THE CANADIAN PRESS

Queue for iPad 2

Apple fans across the country hunkered down, some overnight, in long lines on Friday to get their hands on the iPad 2.

- At the Eaton Centre in Toronto, Oren Lasko arrived at the Apple store at about 7:30 a.m. on Thursday, making his wait for an iPad 2 nearly **36 hours long**.
- The tablet didn't go on sale until **5 p.m.** Friday.
- Availability for all models is **three to four weeks**.

Customer. Service

▶ Tom Hargitai ushers a customer through the doors of Holt Renfrew's flagship store on Bloor Street in Toronto. The doorman is being shown the door after 21 years.

ANDREW WALLACE/TORSTAR NEWS SERVICE

Doorman shown the exit

Holt Renfrew customers rallied this weekend to save the job of the beloved doorman of the flagship Bloor Street store in Toronto. For 21 years, Tom Hargitai, 57, was the embodiment of customer service, greeting shoppers and passersby alike with his trademark smile and genuine warmth. Hundreds of entries on Twitter praised Hargitai and called for the luxury retailer to reverse the decision.

HMV to sell Canadian stores?

HMV might sell its 125 Canadian stores to pay off $204 million in debt accrued as customers have turned to digital downloading. Its British parent company said Friday that it hasn't had any offers yet, but is exploring its strategic options. Nevertheless, HMV Canada said it is going ahead with plans to open several new concept stores across the country. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

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Oil	Natural gas
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The nation's mightiest musicians touch down in Toronto for the 40th annual Juno Awards
Bieber takes home his first Junos, while Arcade Fire secures the night's biggest prize

Canada shines at the Junos

Arcade Fire won a leading four trophies — including album of the year — while rock legend Neil Young claimed the prize for artist of the year and 17-year-old teen-pop titan Justin Bieber won the first two Juno Awards of his career at a 40th-anniversary bash yesterday that looked to the past as well as the future.

But the news wasn't as good for 24-year-old rapper Drake, who hosted the hometown hullabaloo with energetic panache and entered the weekend with a leading six nominations, but wound up heading home empty-handed.

Arcade Fire — the fiercely independent Montreal rockers whose cerebral orchestral rock has helped them build a devoted following — stunned the music world six weeks ago by claiming the award for album of the year at the Grammys.

Unfortunately for millions of his tween devotees watching at home, Bieber — the platinum-selling pint-sized pop crooner from Stratford, Ont. — couldn't appear in person to collect his first two Juno trophies due to a scheduling demand overseas.

His fresh face — ratings gold for CTV, of course — still surfaced several times during the two-and-a-half-hour broadcast, however, as he accepted his awards via video messages.

"I want to thank everybody so much for believing in me," said Bieber, captured onstage in an empty arena.

While Drake might have been disappointed by his award take, he put in a solid appearance as host, showcasing his comedic timing with an admirable performance as the straight man in entertaining skits with CTV news anchor Lloyd Robertson and Bieber.

"You, my friend, have the voice of a young rabbi," Drake told Bieber.

The evening's other trophy, new artist of the year, went to London, Ont., singer/songwriter Meaghan Smith — and if there was an award for the most gobsmacked winner, she would have taken that, too.

The 40th-anniversary celebration of the Junos — which began on Feb. 23, 1970, as an informal, non-televised dinner gala in Toronto and has evolved into a glitzy broadcast bonanza — promised to celebrate Canadian music's storied past as well as its future.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

▶ Singer Keshia Chante poses on the red carpet.

CHRIS YOUNG/THE CANADIAN PRESS

▶ Rap star Drake serves as host of the Juno Awards last night in Toronto.

Saturday's big wins

Here are some of the key winners at Saturday's Juno Awards gala dinner, where 32 of 40 awards were handed out before last night's television broadcast:

Adult Alternative Album of the Year: Neil Young, Le Noise
Alternative Album of the Year: Arcade Fire, The Suburbs
Rock Album of the Year: Matthew Good, Vancouver
Vocal Jazz Album of the Year: Kellylee Evans, Nina
Francophone Album of the Year: Karkwa, Les chemins de verre
Rap Recording of the Year: Shad, TSOL
Dance Recording of the Year: Deadmau5, Sofi Needs a Ladder

THE CANADIAN PRESS

Rocker makes rare appearance

Neil Young appeared at the Juno Awards for the first time in nearly three decades on Saturday to accept the adult alternative album of the year prize at a dinner gala where the first batch of trophies was handed out.

The 65-year-old Toronto-born rock legend received a standing ovation from the crowd at Toronto's Allstream Centre, where 32 of 40 awards were presented ahead of last night's televised Juno show.

Young — who six weeks ago won his first career Grammy for his music (he had previously won a packaging Grammy) — said backstage that he last appeared at the Junos for his induction into the Hall of Fame in 1982, and hadn't intended to stay away for so long.

"There was really no reason why I didn't get on with it," said Young, clad all in black except for a vivid red scarf. "I'm not really an awards kind of guy that much. But it's great to get one. It's a great honour.

"I appreciate it. The older I get, the more appreciative I am."

Arcade Fire, Daniel Lanois, Matthew Good, Deadmau5 and country-pop crossover crooner Johnny Reid also nabbed trophies on Saturday.

Arcade Fire took the award for alternative album of the year — the band's third Juno — for their third record, The Suburbs. The band stunned the music world last month at the Grammys when it managed to claim that show's top prize — album of the year.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ Neil Young accepts a Juno for adult alternative album of the year on Saturday night.

2 scene

Box office

A wimpy kid has delivered a knockout punch to a band of warrior vixens at the weekend box office.

The family sequel, Diary of a Wimpy Kid: Rodrick Rules, debuted as the No. 1 movie, with $24.4 million US, according to studio estimates yesterday. The girl-power action fantasy Sucker Punch opened at No. 2, with $19 million.

The previous weekend's top movie, the sci-fi thriller Limitless, slipped to third, with $15.2 million, raising its total to $41.3 million.

Released by 20th Century Fox, Rodrick Rules did a bit more business than its predecessor, Diary of a Wimpy Kid, which opened a year ago, with $22.1 million. The Wimpy Kid movies are based on the children's books by Jeff Kinney about a timid youth trying to cope at school and home.

THE ASSOCIATED PRESS

For more coverage of the Juno Awards, scan this code or visit metronews.ca/scene

Talking points

Bret Michaels files suit

LITIGATION. Bret Michaels is suing CBS and the Tony Awards over an onstage mishap at the 2009 awards when he was hit in the head with a moving set piece at the end of a musical number, according to TMZ.

Though he was only hospitalized for a broken nose and cut lip after the show, his suit maintains that the incident was responsible for the life-threatening brain hemorrhage he suffered six months later. "One of the most common causes of this type of hemorrhage is head trauma — exactly like the one Michaels suffered at the hands of the Tony Awards," the suit, filed in L.A. Superior Court, states. METRO

Bret Michaels

Zellweger moves out

IT'S OVER. Any chance of Renee Zellweger and Bradley Cooper reconciling seems to be fading, as Zellweger was seen moving her things out of Cooper's home last week, according to Hollyscoop. But she wasn't letting the task get her down.

"She seems to be handling the breakup well," a witness says. "She had a big smile on her face and a skip in her step." Cooper was reportedly not at home during the chore. METRO

Reese walks the aisle

- Actress weds agent Jim Toth in private ceremony this weekend
- Witherspoon's children with Ryan Phillippe among attendees

As predicted, Reese Witherspoon and fiancé Jim Toth tied the knot over the weekend at her Ojai, Calif., ranch, according to Us Weekly.

The small ceremony was reportedly performed in front of 120 guests, including Tobey Maguire, Renee Zellweger and Alyssa Milano, and Witherspoon's two children with ex-husband Ryan Phillippe were part of the ceremony.

The pair were engaged in December when Toth bought Witherspoon a $250,000 engagement ring. METRO

ALL PHOTOS GETTY IMAGES

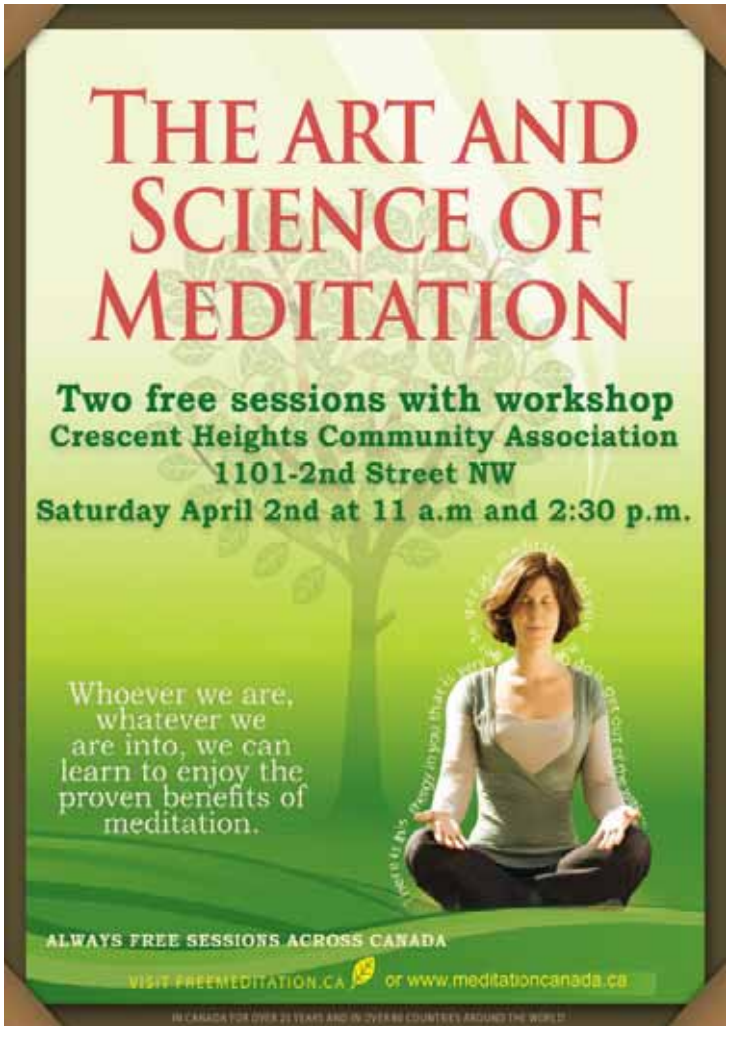
▶ Reese Witherspoon and Jim Toth are now husband and wife.

Celebrity tweets

George Lopez [@georgelopez] I misjudged the joke. No malice was intended and I apologize to Kirstie.

Kelly Osbourne [@MissKellyO] i hate my predictive texting so much ever time i pluck up the courage 2 send a flirty text it always comes out wrong & makes me look stupid

Sarah Silverman [@SarahKSilverman] Your middle-aged pierced ear tells a different story than you think. METRO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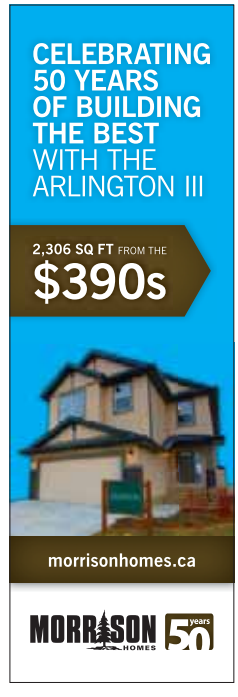
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▶ The video of Casey and Ritchard sparked memories for the writer of this piece.

Memoir of a bully

An online video of one teenager attacking another has sparked outrage
But it's not shocking if you remember what life was like as a teen

SAM D'AMATO
LIFE@METRONEWS.CA

The video is shot on a cell phone. In it, a scrawny teenager approaches a fat kid, and punches him in the face. The fat kid doesn't move — he just stands there. Then he's punched again. "Wow," says the giggly teen who's filming. "This is getting sad, bro."

A second later, the fat kid dives after the little one, picks him up, body slams him onto the concrete — wham! — and walks away. The little kid tries to stand. He limps as if he has brain damage. He falls down. The teen who's filming laughs again — this time from fear.

Asked later, the "fat kid," Casey Heynes, an Australian 10th-grader, says he "snapped" and has been bullied all his life. (The 7th grader, Ritchard Gale, walked away with a scratched knee.) Casey has had suicidal thoughts.

Kids, full of hormones, are bound to fight. But perhaps if parents shared more of their own childhood experience, teens would understand their feelings better. I'll start.

As a young teenager, I was an extremely shy person of below-average height, with glasses, neither popular nor the school nerd (although being in the all boy's chorus didn't help my social status). I had anger over my parents' divorce, but otherwise was even-tempered, kind and dutiful in school.

Someone in the all-girls' chorus liked me. Elise was nice but six inches taller, 50 pounds overweight and had bad skin. After smiling my way for weeks, she sent me a love note.

I never replied. Instead, with the urging of a buddy, I bought a canister of Slim-Fast, the weight-loss powder. I gift-wrapped it. And with the note "From Sam," I had it delivered via one of her girlfriends. Standing 30 feet away, in an outdoor school hallway, I watched as she opened it.

Her friends reacted first, gasping and looking for someone to kill. But she smiled my way. It was a weak smile. I looked down. I never apologized. We never spoke again.

I had punched Elise in the face. And although no one had a cell phone camera to capture it, I'll never forget her look. In that instant, I saw the "fat kid" for what she was: a person.

P.S. I got my comeuppance: Three years later, a bully punched me in the face because I didn't love heavy metal enough. He ran away when he saw my bloody nose. Don't you miss being a teen?

THREE MOMS ON ...

... LETTING DAD HANG OUT WITH HIS FRIENDS. DO THEY LET THEIR HUSBANDS GET AWAY? HOW OFTEN?

Lili Meier

Owner, with husband, of My Little Green Shop, which sells organic and sustainable baby products online
Has a son, Sebastian, 25 months, and a daughter, Savara, 9 months

Everyone needs to chill — especially parents! I'm totally supportive of hubby going out with his friends. The happier individuals are with themselves, the better parents they'll be. If people feel "stuck" at home, resentment can develop.

THE HIGH-POWERED WORKING MOM

Avis Jones-DeWeever

Executive Director, National Council of Negro Women
Mother of two boys, Aidan, 7, and Guy, 14

As someone who is now happily divorced, I will admit that my ex-husband's frequent and late night socializing presented a serious detriment to our marriage. I'm not one of those who believes that marriage marks the end to individuality. But finding "fun" time for friends and not for one's spouse is a recipe for disaster.

THE STAY-AT-HOME MOM

Samantha Mellen

Two boys: Lucas, 2, and Joshua, 4 months

My husband is busy with work, school and family. But personal time for him is very important. Occasionally, after the kids are in bed, my husband likes to get a beer with his buddies. I actually wish he could get out more with his friends, but there never seems to be enough hours in the day!

3 life

Allergies

4%

• Four per cent of first-born children have allergies, as opposed to three and a half per cent of second-borns and 2.6 per cent of third-borns, according to the pediatrics department at Shiga Medical Center for Children in Kyoto University, Japan.

Researchers say the mothers develop more anti-bodies in the womb during each pregnancy.

METRO WORLD NEWS

Is Gandhi in hell? Pastor challenges familiar notions about Christian eternity.

Eggplant, zucchini & plum tomatoes — oh my!

This Mixed Vegetable Fusilli allows for many ingredient variations

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

This simple Mixed Vegetable Fusilli dish was my primo piatto, or first course, while in the beautiful town of Sorrento, Italy.

Small portions are perfect for a first course but the dish has enough vegetables to satisfy your family as an entrée.

ISTOCK

▶ This recipe makes four servings.

Preparation:

1. Slice eggplant into thin slices; stack and cut into matchstick size pieces. Cut zucchini into matchstick-size pieces.
2. In a large non-stick skillet, heat oil over medium-high heat. Add eggplant and cook, stirring, for about 6 minutes or until beginning to turn golden. Add stock and bring to a boil. Add zucchini, tomatoes and garlic; cook, stirring, for about 10 minutes or until zucchini and eggplant are tender but firm and sauce is slightly thickened. Add salt and pepper.
3. Meanwhile, in large pot of boiling salted water, cook fusilli for about 10 minutes or until tender but firm. Drain and return to the pot. Add sauce and cheese; toss to coat.

Variation: Try using carrots, broccoli, cherry tomatoes or other favourite vegetables to make up your own vegetable creation.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA

Ingredients:

- 1 small eggplant
- 2 small zucchini
- 2 tbsp (25 mL) extra virgin olive oil
- 1 cup (250 mL) vegetable stock
- 4 plum tomatoes, chopped
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) each salt and ground black pepper
- 1 box (375 g) whole wheat fusilli pasta
- 1/4 cup (50 mL) freshly grated Parmigiano-Reggiano cheese

Polenta with Sausage & Rapini

▶ Cornmeal can be used in a variety of dishes.

Cornmeal is one of those great items to keep on hand to use for comforting meals — either in breads, desserts or, like in this recipe, as a base for a tasty sauce.

Polenta is the Italian name given to cornmeal when it is cooked as a soft, almost porridge-like, dish.

The cornmeal is cooked to become smooth and thick then topped with garlic, rapini and sausage, which makes it an easy dinner for any evening.

Preparation:

1. In a non-stick skillet bring water to boil. Add rapini, cover and steam for 7 minutes, stirring occasionally or until tender. Drain well and set aside.
2. Return skillet to medium heat and add oil. Cook sausage, breaking up with spoon for about 6 minutes or until no longer pink inside. Add rapini, garlic, hot pepper flakes and salt. Cook for 5 minutes or until beginning to turn golden.
3. **Polenta**: In large saucepan, bring stock to boil and gradually whisk in cornmeal. Bring to a gentle simmer, stirring frequently for about 12 minutes or until polenta mounds on spoon. Stir in water to loosen slightly and stir in cheese and parsley until cheese is melted.
4. Spoon polenta into shallow soup bowls and top with rapini and sausage mixture.

EMILY RICHARDS

Ingredients:

- 1 bunch rapini, trimmed and coarsely chopped
- 1 cup (250 mL) water
- 2 tbsp (25 mL) extra virgin olive oil
- 2 Italian sausages, casings removed
- 4 cloves garlic, minced
- 1/4 tsp (1 mL) hot pepper flakes
- 1/4 tsp (1 mL) salt

Polenta

- 4 cups (1 L) low sodium chicken stock
- 1 cup (250 mL) cornmeal
- 1/2 cup (125 mL) water
- 1/3 cup (75 mL) freshly grated Parmesan cheese
- 2 tbsp (25 mL) chopped fresh Italian parsley

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Trash into treasures

As Earth's resources become scarcer, people turning towards upcycling It's about turning junk into gems

ELPIS.COM

Waste finds a new home.

An elegant aquarium made from an old computer monitor. Handbags made from old tires and soda cans. Forget recycling, "upcycling" — turning trash into more valuable treasures — is the hot new trend.

Mike Haines, who works for the British environmental group ClientEarth, has reinvented garbage for years.

"Recycling is good, but it uses a lot of energy," he explains. "Using something in the form it already exists in is much better for the environment."

Haines dyes and restyles old T-shirts, and has a box full of items waiting for a new life.

Now Haines is trendy.

"A lot of people upcycle without knowing it," says Debjit Chaudhuri, founder of the green networking website Elpis.com. "Using old boxes as CD racks is very common. But now people are really discovering upcycling and getting creative about it."

When Elpis, a Germany-based website, announced an upcycling competition earlier this year and contributions arrived from around the world. Among the highlights pictured above: a lightbulb turned into a charming oil lamp, a lounge chair made from old skis, and an old rowboat turned into a gigantic flowerpot.

"On our discussion boards, people discuss how to commercialize their upcycled products, too," Chaudhuri says. "A few years ago, upcycling as a business idea would simply have been dismissed. But now resources are becoming scarce, and people are paying attention."

That's why there are already companies like Worn Again, which sells designer goods made from old clothes. CÉLIA PEDROSO

Queen of Green

LINDSAY COULTER

GREEN@METRONEWS.CA

THE HEAVY PRICE OF BUYING MILK

What is better to buy: milk in waxed cartons or plastic jugs? *Kevin of Calgary*

HANDOUT

Milk brings with it a hefty price.

Possibly none of the above. Walk the dairy aisle of your grocery store and you'll see milk packaged in waxed cartons, plastic jugs and glass bottles. To help you choose the most environmentally friendly option, we delve into the packaging. And wouldn't you know that for Albertans, milk packaging makes up one of the largest beverage-container waste streams in the province?

Glass bottles are the best option because they can be sterilized easily and reused. Their high deposit fee — about a dollar — also increases the likelihood that they will make it back to the store. When consumers return their bottles, the energy required to sterilize and refill them is far less than what's required to make a new paper milk carton. If you can find milk in glass, this is your best option.

Plastic milk jugs are made from high-density polyethylene (HDPE), or plastic numbered 2. It's safer for food than many other plastics and not quite as toxic to produce. Although widely recyclable in most municipal curbside programs, recovery and recycling rates vary. In provinces with milk-jug recovery programs, the Environment and Plastics Industry Council estimates a recovery rate of about 50 per cent. Recycled milk jugs are downcycled, ending their life as plant trays or non-food packaging — items often not easily recycled.

The paper milk carton, or polycoated gable-top cartons, are made from virgin paperboard. But buyer beware: They are not always accepted in municipal curbside recycling programs. Check the accepted items for your city or look into drop-off depots to ensure cartons get recycled and pulped into new paper products like tissues.

Put simply, reuse comes before recycle, making glass the top choice. Torn between plastic and paper? Consider this: if you go through a lot of milk, choose one four-litre plastic jug to buying two two-litre paper cartons — reduce is the first "r" after all. And be sure to keep both plastic and paper milk containers out of the landfill. Always recycle.

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▶ Sherry Abbott is the Executive Director of the Canadian Cosmetic, Toiletry and Fragrance Association, and a 21-year cancer survivor. April is Cancer Awareness Month.

CANCER IS A BATTLE THAT CAN BE WON IF WE DON'T GIVE UP

Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA

The doctor walked into her room and stared at the floor. "You have three months to live and we doubt you'll see the New Year."

Sherry Abbott was only 30 years old and in the days that followed her shock gave way to a steely resolve as she told the doctors, "How dare you give up on me when I haven't given up on myself?"

Abbott endured six months of chemo, radiation and numerous surgeries and defied the doctor's grim prognosis. Now, 21 years later, she continues to inspire and empower other people who have been told they have cancer.

"I feel like I have been given my calling," Abbott says from behind the desk of her office at Look Good Feel Better, a program designed to support and help women during the tough days of cancer recovery.

We face so many turning points in our lives and career but never doubt the resilience of the human spirit.

April is Cancer Awareness Month. Support cancer research and force a turning point for a cure and prevention for the disease that will claim the lives of one in four Canadians.

Sherry Abbott, the Executive Director of the Canadian Cosmetic, Toiletry and Fragrance Association, and a 21-year cancer survivor, is living proof that cancer can be beaten.

What can you do?

- Join the "I Fight Cancer" movement at fightback.ca.
- Check out online support at facingcancer.ca.
- Take part in daffodil month activities in your community.
- Wear the new daffodil pin to show support for those living with cancer.

Yes, cover letters still do matter

While it's true that employers likely won't read your entire cover letter, the document still does hold value

DREW HINSHAW
LIFE@METRONEWS.CA
METRO WORLD NEWS

It might be the most important letter — that no one reads — that you ever write.

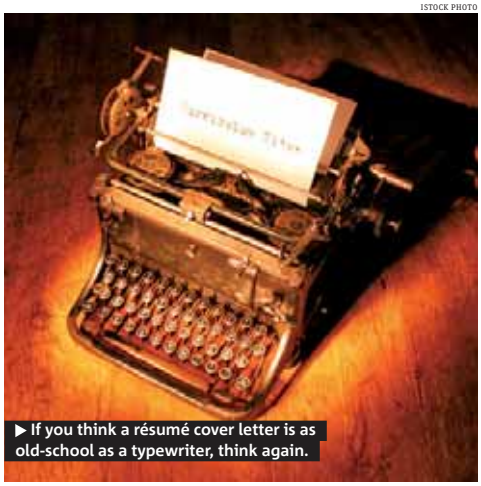
In the smartphone century, when job applications are often combed by automated software, and nobody has the time to read anything longer than a preposition, the question of how to compose the perfect cover letter feels like a zen riddle: Why not just nail it to a tree crashing in an empty woods?

Yet the one-page document's value endures, career counsellors insist.

"There is still a role for the cover letter, but it is increasingly shorter and shorter," President Louise Fletcher of Blue Sky Resume says.

"Two, maybe three paragraphs is the norm."

ISTOCK PHOTO



▶ If you think a résumé cover letter is as old-school as a typewriter, think again.

Don't expect the audience to make it to paragraph number two.

"Lots of people don't," Fletcher adds. "They look at the cover letter's first sentence to see what job you're applying for, then go right for the résumé."

Spend Time On It

That said, you'd be foolhardy to drum up a unproofed cover letter, or worse, send out the same generic script for whatever position you put in for.

"Always custom tailor it," Internet job hunting expert Margaret Riley Dikel says, even if you're completely sure it will languish at the unread bottom of an inbox.

"Some people will look closely at the letter and if it isn't personalized and didn't specifically address the details of the job, they'll ignore the résumé," she continues.

"Write the best introduction so that people who skip it will be fine, but people who read it will get your full story."

Put Their Words in Your Letter

Don't be afraid to re-write the ad, Dikel urges.

"They actually want to see the same words they used in the post," she explains. "This is the first cut for human resources. Do your qualifications match those of the position?"

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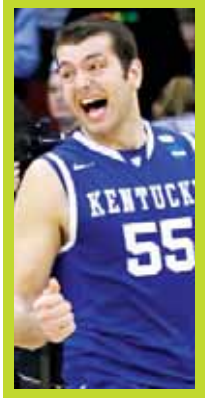
Rocky View
CrossIron Mills

4 sports

Quoted



"A lot of people doubted us. A lot of people really didn't think we'd be the team we are. We really pulled it together as a team, and we're back now."
SENIOR CENTRE JOSH HARRELLSON YESTERDAY AFTER HIS FOURTH-SEEDED KENTUCKY WILDCATS KNOCKED OFF THE SECOND-SEED NORTH CAROLINA TARHEELS TO ADVANCE TO THE NCAA FINAL FOUR.

Scan code for more sports

A rock away from gold

Sweden steals two points in 10th end to beat Canada 7-5 in world curling final ◗ In the bronze-medal game, China beats Denmark 10-9 in extra ends

NIELS HUSTED/THE ASSOCIATED PRESS

▶ Canada's Kim Schneider, left, and Amber Holland, right, watch Sweden's team yesterday.

Amber Holland came up just short at the world women's curling championship.

Olympic champion Anette Norberg of Sweden stole two points in the final end yesterday to edge Holland's Canadian team 7-5.

The Regina skip had the hammer in the 10th end but her final shot didn't quite make it to the button.

"We're disappointed," said Holland. "We played a pretty good game. We weren't as sharp off the start as wanted to be and didn't play the 10th end very well.

3rd
It was the third world title for the veteran Norberg, but her first with a new team. They were the strongest rink at the event and finished 11-2.

"We felt like we were in control — even after the ninth we were in control, you've just got to execute in the 10th."

Until the last rock, Canada had carved out a game that made it favourites for the title. The team played aggressive and forced Sweden to draw for one point in the ninth to tie it 5-5.

That left Canada with last stone advantage in the final end, but the tide started to turn when second Tammy Schneider completely missed an attempted take-out and third Heather Kalenchuk came up short with a guard.

The house was crowded for Holland's last rock and and she left her draw a little short after getting around a front guard.

"That was a pretty tough shot based on the ice conditions, but we gave it a valiant effort," said Holland. "It obviously gets more difficult with every miss, but I was glad just to have a shot. And we weren't far off."

The team got off to a slow start at the tournament by going 1-3 over its first four games. But it finished the round robin strong and won three straight playoff games to reach the final.

"I think for us, silver is a great achievement," said Holland. "(It was) our first world championship as a team, first time we've been here. We battled really hard to get to that game and just didn't cap it off."
THE CANADIAN PRESS

Heat's Big Three each reach 30

"That's why we get paid the big bucks."
DWYANE WADE

With the playoffs looming, LeBron James, Dwyane Wade and Chris Bosh are finding a new gear.

And they accomplished something yesterday that hadn't been done in more than 50 years.

Each of them had 30-10 nights — James with 33 points and 10 rebounds, Bosh had 31 points and 12 rebounds, and Wade shook off a bruised tailbone to finish with 30 points and 11 boards — as the Miami Heat beat the Houston Rockets 125-119 for their eighth win in nine games.

It was the first time since February 1961 that three teammates finished with at least 30 points and 10 rebounds in a non-overtime game.

"Unbelievable," James said.

The last time this happened in regulation time was a half-century ago, when Oscar Robertson, Jack Twyman and Wayne Embry — Hall of Famers all — did it for the Cincinnati Royals in a loss to the Philadelphia Warriors. THE ASSOCIATED PRESS

Crosby back on ice, but return date still not set

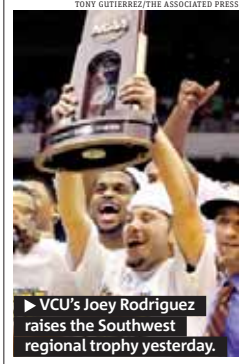
Sidney Crosby skated again yesterday with a handful of teammates.

The Pittsburgh Penguins captain spent about 45 minutes on the ice at Consol Energy Center, according to the team's website. Crosby is still working his way back from a concussion and hasn't been cleared to participate in full practices yet.

"That conversation has not been broached and I don't have expectations for it right now," Penguins coach Dan Bylsma told reporters before a 2-1 shootout win over Florida. "Obviously, I'm encouraged to watch him on the ice and watch him skate and go through the paces that he's going through."

Crosby last played on Jan. 5, when he was hit hard into the boards by Tampa Bay Lightning defenceman Victor Hedman. Bylsma said "there's been no expectations" about when Crosby will return to the Penguins lineup.
THE CANADIAN PRESS

TONY GUTIERREZ/THE ASSOCIATED PRESS



▶ VCU's Joey Rodriguez raises the Southwest regional trophy yesterday.

Underdog Rams Final Four bound

Move over, Butler. Virginia Commonwealth is crashing the Final Four.

The 11th-seeded Rams are heading to Houston, and final No. 1 seed Kansas is heading home after a spectacular collapse.

Jamie Skeen scored 26 points as the Rams delivered the biggest upset of the NCAA tournament, shocking the Jayhawks 71-61 yesterday to become just the third 11th seed to ever make the Final Four.

The Rams needed five wins to go from First Four to Final Four. Along the way, they toppled teams from the Pac-10, Big East, Big 10, ACC and now the Big 12. THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Philadelphia	75	45	20	4	6	238	200	100	21-11-2-4	24-9-2-2	5-1-1-3	L1
dx-Washington	76	44	22	5	5	205	182	98	22-8-2-5	22-14-3-0	8-2-0-0	W1
d-Boston	75	42	23	5	5	226	178	94	18-13-3-2	24-10-2-3	4-4-2-0	W1
x-Pittsburgh	76	45	23	5	3	218	183	98	24-13-2-0	21-10-3-3	8-2-0-0	W4
Tampa Bay	75	40	24	5	6	223	228	91	22-11-1-4	18-13-4-2	3-3-2-2	W1
NY Rangers	76	41	30	2	3	218	181	87	18-16-1-3	23-14-1-0	8-1-0-1	W1
Montreal	76	40	29	4	3	200	196	87	22-11-3-3	18-18-1-0	4-6-0-0	L3
Buffalo	75	38	28	8	1	222	210	85	18-16-3-1	20-12-5-0	6-3-1-0	W3
Carolina	75	35	30	5	5	211	224	80	20-13-2-2	15-17-3-3	4-5-1-0	L1
Toronto	76	34	32	5	5	201	232	78	17-14-3-4	17-18-2-1	5-4-1-0	L1
Atlanta	75	32	31	5	7	210	246	76	17-15-2-5	15-16-3-2	6-3-1-0	W1
New Jersey	75	34	36	3	2	155	189	73	18-15-2-1	16-21-0-2	4-5-0-1	L3
NY Islanders	76	29	35	7	5	210	241	70	16-17-1-4	13-18-6-1	4-3-2-1	L2
Florida	76	29	36	5	6	185	209	69	15-15-4-4	14-21-2-1	3-5-0-2	L5
Ottawa	76	29	37	5	5	175	233	68	14-19-2-3	15-18-3-2	6-3-0-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	76	50	17	4	5	247	175	109	25-8-1-4	25-9-3-1	9-1-0-0	W3
d-Detroit	75	44	22	5	4	242	213	97	20-12-3-2	24-10-2-2	5-3-1-1	W1
d-San Jose	76	44	23	4	5	224	199	97	21-11-2-3	23-12-2-2	6-1-0-3	W1
Phoenix	77	41	25	7	4	219	212	93	19-13-4-2	22-12-3-2	7-2-1-0	L1
Los Angeles	75	43	26	4	2	207	181	92	23-12-3-0	20-14-1-2	7-1-2-0	W3
Nashville	76	41	25	6	4	202	179	92	22-8-4-3	19-17-2-1	8-1-1-0	W6
Anaheim	75	42	28	3	2	214	217	89	23-12-1-1	19-16-2-1	7-3-0-0	W1
Chicago	74	40	26	3	5	239	204	88	23-15-0-0	17-11-4-4	5-3-1-1	L1
Calgary	77	38	28	4	7	235	226	87	22-12-1-3	16-16-3-4	4-4-1-1	W1
Dallas	74	38	26	4	6	208	210	86	20-11-3-5	18-15-1-1	4-3-2-1	L3
Minnesota	75	35	32	3	5	188	213	78	17-16-2-3	18-16-1-2	1-7-2-0	L8
St. Louis	75	34	32	4	5	212	219	77	21-12-1-3	13-20-3-2	6-4-0-0	W2
Columbus	75	33	31	4	7	200	230	77	16-17-1-3	17-14-3-4	2-5-1-2	L4
Colorado	74	28	38	7	1	207	262	64	15-18-4-0	13-20-3-1	2-8-0-0	L2
Edmonton	75	23	41	2	9	180	249	57	12-20-1-5	11-21-2-3	1-6-1-2	L9

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Yesterday's results
Vancouver 4 Columbus 1
Atlanta 5 Ottawa 4 (SO)
Boston 2 Philadelphia 1
Pittsburgh 2 Florida 1 (SO)
Saturday's results
Calgary 5 Edmonton 4 (SO)
Detroit 4 Toronto 2
Washington 2 Montreal 0
Anaheim 2 Chicago 1
Buffalo 2 New Jersey 0
Los Angeles 4 Colorado 1
Nashville 4 Dallas 2
N.Y. Rangers 1 Boston 0
Philadelphia 4 N.Y. Islanders 1
San Jose 4 Phoenix 1
St. Louis 6 Minnesota 3
Tampa Bay 4 Carolina 2

Tonight's games
Chicago at Detroit, 7:30 p.m.
Colorado at Anaheim, 10 p.m.
Tomorrow's games
Chicago at Boston, 7 p.m.
Buffalo at Toronto, 7 p.m.
Philadelphia at Pittsburgh, 7 p.m.
Carolina at Washington, 7 p.m.
Florida at Columbus, 7 p.m.
Atlanta at Montreal, 7:30 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Minnesota at St. Louis, 8 p.m.
Vancouver at Nashville, 8 p.m.
Los Angeles at Edmonton, 9 p.m.
Dallas at Phoenix, 10 p.m.
Wednesday's games
N.Y. Rangers at Buffalo, 7 p.m.
N.Y. Islanders at New Jersey, 7 p.m.
Montreal at Carolina, 7 p.m.
St. Louis at Detroit, 7 p.m.
Anaheim at Calgary, 9:30 p.m.

THRASHERS 5, SENATORS 4 (SO)

First Period
1. Atlanta, Wheeler 16 (Bogosian, Ladd) 4:02
2. Ottawa, Svatos 3, 5:51
Penalties — Z.Smith Ott, Thorburn Atl (fighting) 8:30, Michalek Ott (holding) 10:32, Wiercioch Ott (holding) 16:24, Lee Ott (high-sticking) 19:12, Boulton Atl (roughing) 19:56.
Second Period
3. Atlanta, Little 17 (Wheeler) 10:15
4. Atlanta, Maxwell 1 (Byfuglien, Hainsey) 10:34
5. Ottawa, Neil 6 (Winchester, Wiercioch) 13:37
Penalties — None.
Third Period
6. Atlanta, Stuart 2 (Antropov, Maxwell) 2:08
7. Ottawa, Condra 6 (Spezza, Lee) 7:12
8. Ottawa, Svatos 4 (Kuba, Karlsson) 14:52
Penalty — Wiercioch Ott (hooking) 5:08.
Overtime
No Scoring.
Penalties — None.
Shootout
Atlanta wins 1-0
Ottawa (0) — Karlsson, miss; Spezza, miss; Svatos, miss; Shannon, miss. **Atlanta (1)** — Schremp, miss; Little, miss; Wheeler, miss; Ladd, goal.

Shots

Ottawa	7	11	8	2—28
Atlanta	10	22	13	2—47

Goal — Ottawa: Anderson (L,21-19-4); Atlanta: Mason (W,12-11-3). **Power plays (goals-chances)** — Ottawa: 0-1; Atlanta: 0-4.
Referees — Chris Rooney, Gord Dwyer. **Linesmen** — Brad Kovachik, Jean Morin.
Attendance — 16,392 (18,545).

CANUCKS 4, BLUE JACKETS 1

First Period
1. Vancouver, Ehrhoff 12 (Higgins, Raymond) 7:52
Penalties — Torres Vcr (high-sticking) 2:02, MacKenzie Clb (roughing) 12:59, Higgins Vcr (tripping) 19:08.
Second Period
No Scoring.
Penalty — Hansen Vcr (elbowing) 14:14.
Third Period
2. Vancouver, H.Sedin 19 (D.Sedin, Kesler) 3:36 (pp)
3. Vancouver, Higgins 12 (Kesler, Raymond) 9:03
4. Columbus, Umberger 24 (Vermette) 11:07
5. Vancouver, Higgins 13, 17:36 (pp)
Penalties — Lepisto Clb (tripping) 3:22, Kesler Vcr (goaltender interference) 4:29, Burrows Vcr (hooking) 5:24, Voracek Clb (goaltender interference) 13:35, Vermette Clb (interference) 16:06.

Shots

Vancouver	7	5	12	24
Columbus	13	12	15	40

Goal — Vancouver: C.Schneider (W,15-3-2); Columbus: Garon (L,10-12-5). **Power plays (goals-chances)** — Vancouver: 2-4; Columbus: 0-5.
Referees — Dean Morton, Kevin Pollock.
Linesmen — Vaughan Rody, Greg Devorski.
Attendance — 14,469 (18,144).

SATURDAY

RED WINGS 4, MAPLE LEAFS 2

First Period
1. Detroit, Zetterberg 22 (Lidstrom, Hudler) 5:05 (pp)
2. Toronto, Kadri 2 (Crabb) 17:56
Penalties — Crabb Tor (hooking) 4:24, Stuart Det (tripping) 15:23.
Second Period
3. Detroit, Holmstrom 15 (Kronwall, Rafalski) 9:17 (pp)
Penalties — Kindl Det (holding) 3:48, Lupul Tor (hooking) 8:45, Boyce Tor, Abdelkader Det (fighting) 15:56, Helm Det (tripping) 17:03, Hudler Det (high-sticking) 19:53.
Third Period
4. Toronto, Lupul 11 (Kessel, Phaneuf) 6:11
5. Detroit, Hudler 10 (Zetterberg) 6:49
6. Detroit, Bertuzzi 15 (Kronwall) 19:08 (en)
Penalties — None.

Shots

Toronto	9	5	10	24
Detroit	15	4	10	29

Goal (shots-saved) — Toronto: Reimer (L,17-8-4); Detroit: Howard (17-15), MacDonald (W,5-4-2)(6:11 third)(7-7). **Power plays (goals-chances)** — Toronto: 0-4; Detroit: 2-2.
Referees — Bill McCreary, Marcus Vinnerborg.
Linesmen — Thor Nelson, Vaughan Rody.
Attendance — 20,066 (20,066).

CAPITALS 2, CANADIENS 0

First Period
1. Washington, Sturm 5 (Backstrom, Alzner) 1:24
Penalties — Subban Mtl (holding) 5:02, Kostitsyn Mtl (holding) 7:36, Eller Mtl (high-sticking) 15:23.
Second Period
No Scoring.
Penalties — Pouliot Mtl (tripping) 4:05, Hendricks Wash (holding) 17:21.
Third Period
2. Washington, Semin 26 (Backstrom, Sturm) 16:19
Penalties — Semin Wash (holding) 6:40, Johansson Wash (delay of game) 16:49.

Shots

Washington	12	14	7	33
Montreal	3	8	7	18

Goal — Washington: Holtby (W,10-2-2); Montreal: Price (L,34-27-6). **Power plays (goals-chances)** — Washington: 0-4. Montreal: 0-3.
Referees — Dan O'Rourke, Kelly Sutherland.
Linesmen — Steve Miller, Derek Nansen.
Attendance — 21,273.

FLAMES 5, OILERS 4 (SO)

First Period
1. Edmonton, Paajarvi 12 (Cogliano, Omark) 15:24
Penalty — MacIntyre Edm (roughing) 9:01.
Second Period
2. Calgary, Iginla 35 (Giordano, Kostopoulos) 8:22 (pp)
3. Edmonton, Hartikainen 1 (Eberle, Peckham) 9:21
4. Edmonton, Fraser 3, 19:34 (sh)
Penalties MacIntyre Edm (interference) 7:22, Petry Edm (closing hand on puck) 18:06.
Third Period
5. Edmonton, Jones 17 (O'Marra, Reddox) 3:31
6. Calgary, Iginla 26 (Giordano, Backlund) 5:50 (pp)
7. Calgary, Glencross 23 (Iginla, Giordano) 12:09
8. Calgary, Staios 3 (Bourque, Jokinen) 18:05
Penalty — Hartikainen Edm (interference) 5:15.
Overtime
No Scoring.
Penalties — Regehr Cal (high-sticking) 4:17, Giordano Cal (tripping) 4:58.
Shootout
Calgary wins 1-0
Calgary (1) — Tanguay, goal; Bourque, miss. **Edmonton (0)** — Eberle, miss; Jones, miss; Hartikainen, miss.

Shots

Calgary	6	11	13	1—31
Edmonton	10	7	4	0—21

Goal — Calgary: Kiprusoff (W,34-23-6); Edmonton: Dubnyk (L,10-12-8). **Power plays (goals-chances)** — Calgary: 2-4; Edmonton: 0-2.
Referees — Brian Pochmara, Dennis LaRue.
Linesmen — Mike Cvik, Mark Wheler.
Attendance — 16,839 (16,839).

MLB

SPRING TRAINING

Yesterday's results
Toronto 9 Baltimore (ss) 5
Baltimore (ss) 4 Boston 3
Chicago White Sox 2 Milwaukee 1
Cincinnati 9 Arizona 6
Cleveland 6 L.A. Dodgers 1
Colorado (ss) 5 Chicago Cubs 4
Colorado (ss) 5 Oakland 2
Detroit 8 Houston 4
Florida 6 Washington 4
Kansas City 7 San Francisco 4
L.A. Angels 9 San Diego 2
Minnesota 7 N.Y. Yankees 6
Philadelphia 6 Atlanta 1
Pittsburgh 5 Tampa Bay 4
St. Louis 3 N.Y. Mets 1
Texas 5 Seattle 4 (10 ings)
Saturday's results
Washington 10 Houston 0
Florida 6 St. Louis 5
Baltimore 7 Tampa Bay 2
Detroit 3 Philadelphia (ss) 1
N.Y. Yankees 4 Pittsburgh 2
Toronto 7 Philadelphia (ss) 6
N.Y. Mets 8 Atlanta 2
Chicago Cubs 6 Texas 5
L.A. Angels 6 Chicago White Sox 3
L.A. Dodgers 5 San Diego 4
Milwaukee 2 Seattle 1 (10 ings)
Kansas City 9 Arizona 6
San Francisco (ss) 9 Cincinnati 6
Minnesota 9 Boston 8
Colorado 4 Oakland 1
San Francisco (ss) 8 Cleveland 5

CRICKET

WORLD CUP

QUARTER-FINALS

Saturday's result
At Colombo, Sri Lanka
Sri Lanka (231 for no loss) def. England (229-6) by 10 wickets.
Friday's result
At Dhaka, Bangladesh
New Zealand (221-8) def. South Africa (172) by 49 runs.
Thursday's result
At Ahmadabad, India
India (261-5) def. Australia (260-6) by 5 wickets.
Wednesday's result
At Dhaka, Bangladesh
Pakistan (113, without loss) def. West Indies (112, all out) by 10 wickets.

SEMIFINALS

Tomorrow's match
At Colombo, Sri Lanka
New Zealand vs. Sri Lanka
Wednesday's match
At Mohali, India
Pakistan vs. India

BASKETBALL

NCAA TOURNAMENT

REGIONAL CHAMPIONSHIP

EAST REGIONAL
Yesterday's result
Kentucky 76 North Carolina 69
SOUTHEAST REGIONAL
Saturday's result
Butler 74 Florida 71 (OT)
SOUTHWEST REGIONAL
Yesterday's result
Virginia Commonwealth 71 Kansas 61
WEST REGIONAL
Saturday's result
Connecticut 65 Arizona 63

FINAL FOUR

At Houston
NATIONAL SEMIFINALS
Saturday, April 2
Kentucky (29-8) vs. Connecticut (30-9)
Butler (27-9) vs. Virginia Commonwealth (28-11)
NATIONAL CHAMPIONSHIP
Monday, April 4
Semifinal winners

TENNIS

SONY ERICSSON OPEN

At Key Biscayne, Fla.
MEN
Singles — Third Round
Juan Martin del Potro, Argentina, def. Robin Soderling (4), Sweden, 6-3, 6-2.
David Ferrer (6), Spain, def. Somdev Devvarman, India, 6-4, 6-2.
Mardy Fish (14), U.S., def. Richard Gasquet (17), France, 6-4, 6-3.
Viktor Troicki (16), Serbia, def. Sam Querrey (19), U.S., 7-6 (5), 3-6, 7-5.
Marcel Granollers, Spain, def. Michael Llodra (23), France, 7-5, 3-6, 7-5.
John Isner (30), U.S., def. Alex Bogomolov, Jr., U.S., 6-2, 7-6 (4).
Kevin Anderson, South Africa, def. Pablo Andujar, Spain, 6-2, 6-3.
WOMEN
Singles — Third Round
Kim Clijsters (2), Belgium, def. Maria Jose Martinez Sanchez (27), Spain, 6-4, 4-6, 6-3.
Vera Zvonareva (3), Russia, def. Jarmila Groth (28), Australia, 7-6 (4), 6-2.
Francesca Schiavone (5), Italy, def. Lourdes Dominguez Lino, Spain, 6-4, 7-6 (2).
Victoria Azarenka (8), Belarus, def. Dominika Cibulkova (25), Slovakia, 3-6, 6-3, 6-4.
Agnieszka Radwanska (9), Poland, def. Maria Kirilenko (24), Russia, 7-6 (2), 6-3.
Anastasia Pavlyuchenkova (17), Russia, def. Petra Kvitova (12), Czech Republic, 6-4, 6-7 (3), 6-0.
Marion Bartoli (15), France, def. Ekaterina Makarova, Russia, 6-0, 6-2.
Ana Ivanovic (19), Serbia, def. Virginie Razzano, France, 2-6, 6-2, 3-0, (retired).

GOLF

ARNOLD PALMER INVITATIONAL

At Orlando, Fla.
Par 72
Final Round

Martin Laird, $1,080,000	70-65-70-75—280
Steve Marino, $648,000	71-67-71-72—281
Justin Rose, $312,000	72-72-70-68—282
Marc Leishman, $312,000	73-72-66-71—282
David Toms, $312,000	74-67-69-72—282
K.J. Choi, $208,500	72-64-76-71—283
Spencer Levin, $208,500	66-70-71-76—283
Sergio Garcia, $186,000	73-68-73-70—284
Mark Wilson, $162,000	74-72-70-69—285
Fredrik Jacobson, $162,000	71-71-73-70—285
Jim Furyk, $162,000	74-69-71-71—285
Edoardo Molinari, $94,800	72-75-72-67—286
Aaron Baddeley, $94,800	76-69-72-69—286
Ian Poulter, $94,800	71-71-73-71—286
D.J. Trahan, $94,800	72-71-72-71—286
Stewart Cink, $94,800	76-71-68-71—286
Also	
Stephen Ames, $12,360	**75-69-76-75—295**

CURLING

WORLD WOMEN'S CHAMPIONSHIP

At Esbjerg, Denmark
Yesterday's results
Gold Medal
Sweden 7 **Canada 5**
Bronze Medal
China 10 Denmark 9 (extra end)
Saturday's results
Page Playoffs
Three vs. Four
Canada 10 Denmark 7 (extra end)
Semifinal
Canada 8 China 5

CANADIAN SENIOR CHAMPIONSHIP

At Digby, N.S.

MEN

Saturday's result
Championship
Manitoba 7 Alberta 5

WOMEN

Saturday's result
Championship
New Brunswick 8 Ontario 6

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	53	19	.736	—
y-Boston	51	21	.708	2
dx-Miami	51	22	.699	2½
x-Orlando	47	26	.644	6½
x-Atlanta	42	32	.568	12
Philadelphia	37	36	.507	16½
New York	35	38	.479	18½
Indiana	32	42	.432	22
Charlotte	30	42	.417	23
Milwaukee	29	43	.403	24
Detroit	26	47	.356	27½
New Jersey	23	49	.319	30
Toronto	20	53	.274	33½
Washington	17	55	.236	36
Cleveland	14	58	.194	39

WESTERN CONFERENCE

	W	L	Pct	GB
dx-San Antonio	57	16	.781	—
y-L.A. Lakers	53	20	.726	4
x-Dallas	51	21	.708	5½
dx-Oklahoma City	48	24	.667	8½
Denver	44	29	.603	13
Portland	42	31	.575	15
New Orleans	42	32	.568	15½
Memphis	41	33	.554	16½
Houston	38	35	.521	19
Phoenix	36	35	.507	20
Utah	36	38	.486	21½
Golden State	32	42	.432	25½
L.A. Clippers	29	45	.392	28½
Sacramento	20	52	.278	36½
Minnesota	17	57	.230	40½

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Yesterday's results
Atlanta 99 Cleveland 83
Boston 85 Minnesota 82
Golden State 114 Washington 104
L.A. Lakers 102 New Orleans 84
Miami 125 Houston 119
Memphis 111 San Antonio 104
Oklahoma City 99 Portland 90
Sacramento 114 Philadelphia 111 (OT)
Dallas at Phoenix
Saturday's results
Atlanta 98 New Jersey 87
Charlotte 114 New York 106
Detroit 100 Indiana 88
Chicago 95 Milwaukee 87
Dallas 94 Utah 77
L.A. Clippers 94 Toronto 90
Tonight's games
Milwaukee at Charlotte, 7 p.m.
Boston at Indiana, 7 p.m.
Orlando at New York, 7:30 p.m.
Philadelphia at Chicago, 8 p.m.
Portland at San Antonio, 8:30 p.m.
Washington at Utah, 9 p.m.
Tomorrow's games
Miami at Cleveland, 7 p.m.
Houston at New Jersey, 7 p.m.
Golden State at Oklahoma City, 8 p.m.
Phoenix at Sacramento, 10 p.m.

LACROSSE

NLL

EAST DIVISION

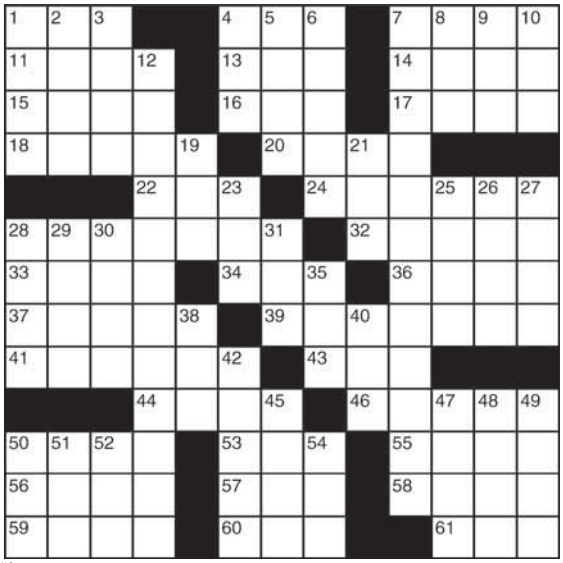
	GP	W	L	Pct.	GF	GA	GB
x-Toronto	12	9	3	.750	141	114	—
x-Buffalo	11	8	3	.727	122	102	½
Rochester	11	6	5	.545	106	117	2½
Boston	13	6	7	.462	133	120	3½
Philadelphia	12	4	8	.333	109	138	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Calgary	12	9	3	.750	153	132	—
x-Washington	12	6	6	.500	155	143	3
Minnesota	11	5	6	.455	124	124	3½
Edmonton	12	3	9	.250	131	160	6
Colorado	10	2	8	.200	89	113	6

x — clinched playoff berth.
WEEK 12
Yesterday's result
Buffalo 12 Minnesota 9
Saturday's results
Colorado 9 Boston 8 (OT)
Rochester 13 Philadelphia 10
Friday's results
Calgary 13 Toronto 9
Edmonton 14 Minnesota 13
Washington 9 Boston 8

Crossword



Across
1 Puncturing tool
4 Hooter
7 Vatican VIP
11 Bloke
13 — Beta Kappa
14 Acknowledge
15 Head's opposite
16 Up to, briefly
17 — of Good Hope
18 Backpack part
20 Stare stupidly
22 Sweet potato
24 Pizza need
28 Olympic spear
32 "Strange as it seems, ..."
33 On the rocks
34 Slight touch
36 Chills and fever
37 Mercenary
39 First AFL president, Samuel
41 Purim heroine
43 Thee
44 Mormon state
46 Vestibule
50 — the Terrible
53 Bowling target
55 — En-lai
56 Platter
57 Anger
58 Island dance
59 Egyptian cross
60 Morning moisture
61 See 3-Down

Down
1 Performances
2 "Eh?"
3 Bear's hideaway
4 Choose, with "for"
5 Fillmore, for one
6 Light-purple shade
7 Was potent
8 Eggs
9 Soda
10 Ram's ma'am
12 Was guided by intuition
19 Chum
21 "—cares?"
23 Central
25 Rim
26 Insult
27 Sightseers?
28 Nonsense talk
29 Experts
30 Let it all out
31 Kvetch
35 Lad
38 Allow
40 Curly's brother
42 Fast
45 Employ
47 Dull sound of impact
48 Portrayal
49 Money of China
50 Gilbert and Sullivan princess
51 Actor Diesel
52 Request
54 Fresh

▶ Yesterday's answer

Sudoku

		9					1	7
6		4			8	9		
		3		5				
			7	8		5		
2			1		4			3
		7		3	5			
				7		2		
		1	4			6		9
9	4					3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	5	7	3	2	8	6	1	9
2	3	6	9	4	1	5	7	8
9	8	1	7	6	5	4	2	3
3	4	9	1	8	2	7	5	6
1	7	5	6	3	9	8	4	2
6	2	8	4	5	7	3	9	1
8	1	4	2	7	3	9	6	5
5	6	2	8	9	4	1	3	7
7	9	3	5	1	6	2	8	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

My guni gugu, the love of my life. Thank you for loving me and thank you for making me a part of your life. You mean the world to me. Love you forever, **BABA**

Baby, I love you with all I have. You are the only guy for me and I know we will be together forever. You are everything I could ever need and want.You are the love of my life. Boogies Forever! Love **SARAH**

Bubybear, I lalalalove u soo hard!!! You be the man of my dreams!!! years&counting<3 M+A+12 nights of JA=love4ever!! I can"t wait babe! Xoxoxo love your **GXOXOXOXO**

EJ, Happy 24th Birthday! I hope your year is filled of sexy times, super slices, model gf moments and tummy aching laughs. Love you to the moon and back <3 **JL**

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min -4° Max 3°	Min -5° Max 7°	Min 5° Max 8°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If someone lets you down today it will take all your powers of self-control not to get annoyed, or at least not to let it show. Smile and pretend it's no big deal.

♉ Taurus April 21-May 21 Do you push ahead with something you know is going to need a lot of time, a lot of work and a lot of patience, or do you sit back and take things easy? Only you can decide but that decision must be made now.

♊ Gemini May 22-June 21 Your choice today is clear: either you forgive and forget or you see to it that someone suffers for what they have done to you. Is it really worth starting a war over? Probably not.

♋ Cancer June 22-July 22 Just because someone occupies a position of power does not mean you have to agree with what they say. At some stage today you will get the chance to speak up and you must not waste it. Be brave.

♌ Leo July 23-Aug.23 You have made no end of sacrifices for the people you love and asked for little in return. Now you must do something for yourself. Take the time you need to get your thoughts together.

♍ Virgo Aug. 24- Sept. 22 You might like to pretend that you don't really care what someone is saying about you but deep down you do. Do you take their criticism to heart? No you do not.

♎ Libra Sept. 23-Oct. 23 If self-belief really is half the battle then you are one of life's winners. You certainly don't lack for confidence but you might need a little more common sense today if you are to make the most of your chances.

♏ Scorpio Oct. 24-Nov. 22 There is no point planning too far ahead at the moment. Focus on tying up loose ends and making sure there is nothing that can hold you back or trip you up.

♐ Sagittarius Nov. 23-Dec. 21 Channel your energy into areas where you can have a positive effect on those around you. Negative emotions can be allowed no place in your life.

♑ Capricorn Dec. 22-Jan. 20 Follow your instincts and, if necessary, be ruthless in pursuit of what it is you want most from life. If achievement is what turns you on then just go for it.

♒ Aquarius Jan. 21-Feb. 18 You seem unable to decide whether to get serious about a relationship or whether to keep it at arm's length. You will have to decide one way or the other by the end of the week.

♓ Pisces Feb. 19-March 20 If your sixth sense tells you to be cautious you would be wise to heed the warning. It may be there is nothing much to worry about but you won't know for sure until later in the week. **SALLY BROMPTON**

Caption contest

ARIEL SCHALIT/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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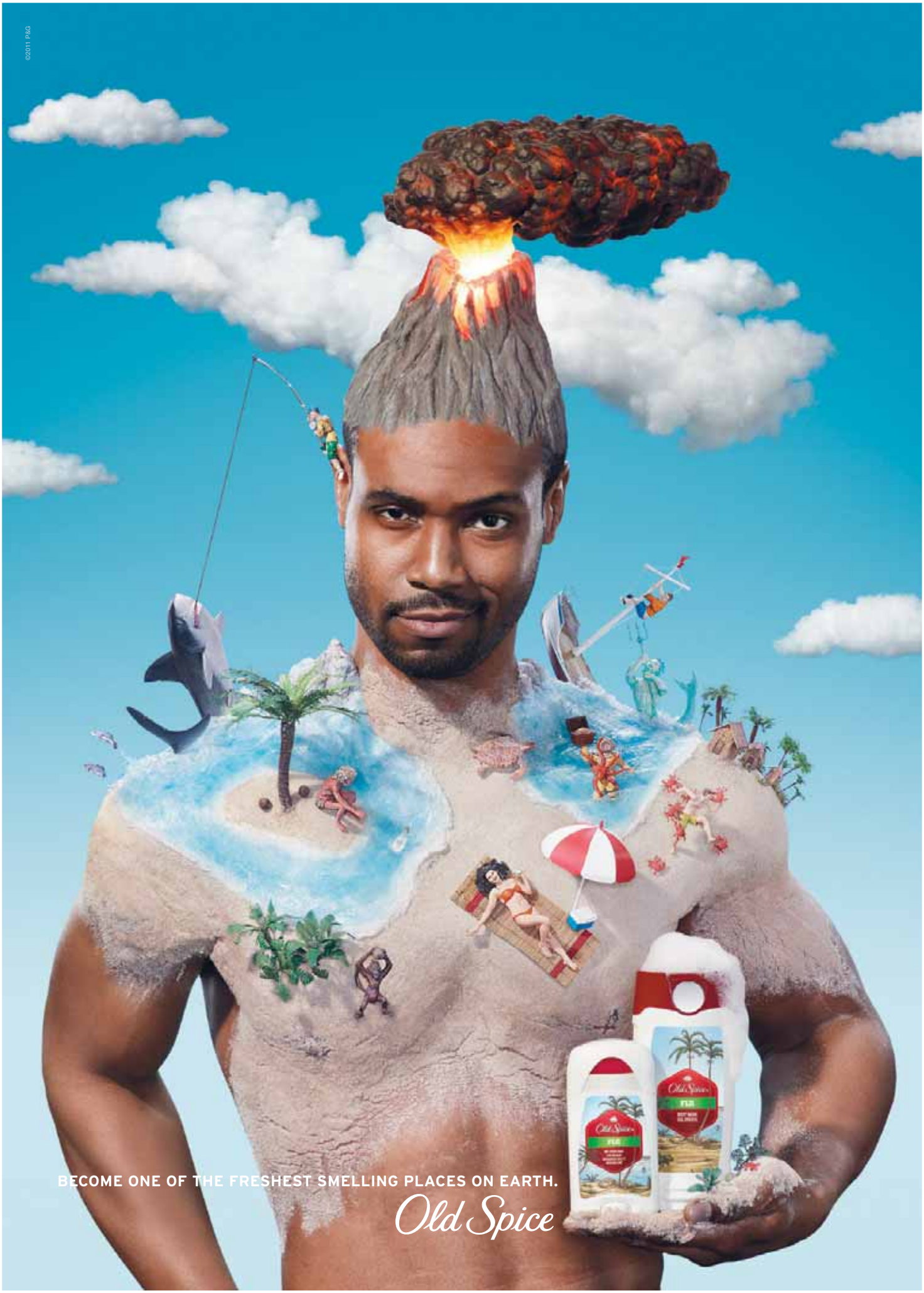
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